

Prayers in the 4th Step:

“We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, “This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.”

Big Book, page 67

“We ask Him to remove our fear and direct our attention to what He would have us be.”

Big Book, page 68

“We subjected each relation to this test — was it selfish or not? We asked God to mold our ideals and help us to live up to them.”

Big Book, page 69

“In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.”

Big Book, page 69

“We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.”

Big Book, page 70